



IN230600006V01_UK_FR_ES_IT

A91-092

EN



IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

ASSEMBLY INSTRUCTION

Installation

Step 1: Open package to confirm product components

Accessories

A Foot tube (2pcs)



B Main Frame (including tube cover)



C Upper Tube (2pcs)



D Elbow pad one pair



E Bottom tube cover (4pcs)



F Supporting Tube



G Gym Bar (including hand gloves)



H Base Connection



I Hand Gloves (4pcs)



J Main Frame Connection Tube



K Screw M8x65mm(22pcs)



M Wrench 13-17 (2pcs)



N Screw M8x75 (2pcs)



O screw 8x60 (2pcs)



P Screw Nut M8 (2pcs)



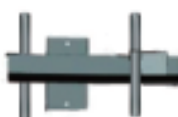
Q Screw M8x55 (4pcs)



R Back Set



T Leg Tube



U Sit Up Bench (Back Set)



v Plastic gasket



W Bolt 8x66(2pcs)



X Screw M10x20mm(2pcs)



Y Screw (1pcs)



Z Screw M8x55 (1pcs)



Step 2: Assembly 4 foot covers

Accessories:

E Foot Cover (4pcs)



A Foot Tube 2 pcs



Use 4 foot covers to insert into the foot tube

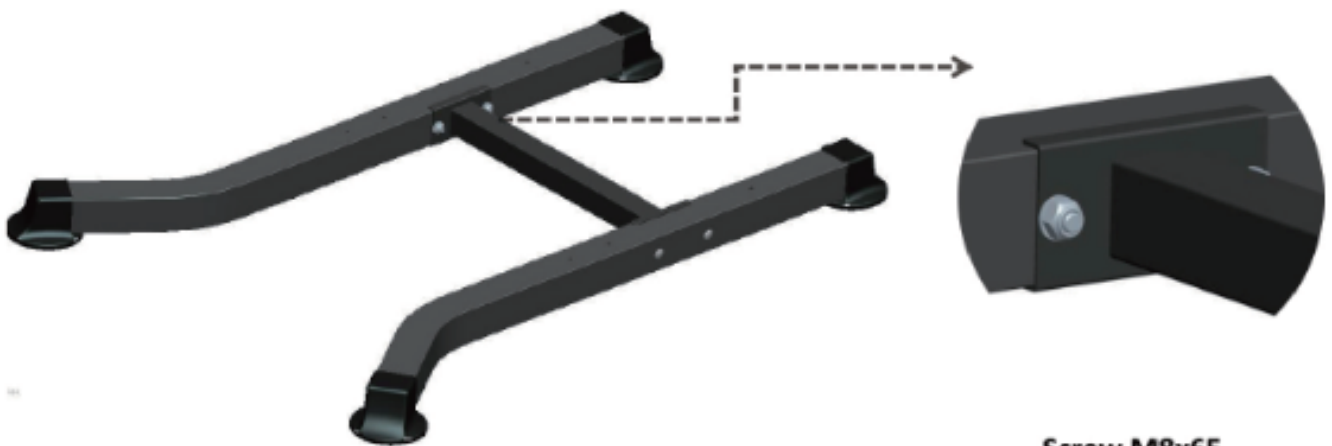
Step 3: Assembly the bottom connection tube

Accessories:

H Bottom Connection Tube



K Screw M8x65mm(4pcs)



Screw M8x65

Step 4: Assembly Main Frame

Accessories:

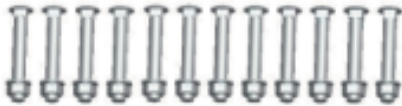
B Main Frame



F Supporting Tube



K Screw M8x65mm(12pcs)



Step 5: Assembly Main Frame Connection Tube with bench connection tube

K Screw M8x65mm(4pcs)



J Main Frame Connection



**Screw M8x65mm
(Outside use bigger gasket)**

Accessories:

R Sit up bench Tube



Step 6: Assembly Elbow pad

Accessories:

Q Screw M8x55 (4pcs)

D Elbow pad one pair



Step 7: Assembly upper tube and gym bar

Accessories:

C Upper Tube (2pcs)

G Gym Bar(with hand gloves)

N Screw M8x75 (2pcs)



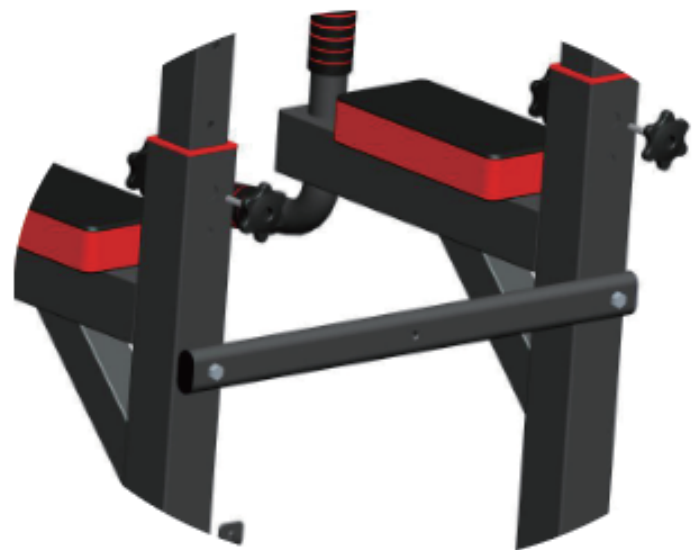
Step 8: Adjust suitable angles and heights

Accessories:

O Screw 8x60 (2pcs)



P Screw Nut M8 (2pcs)



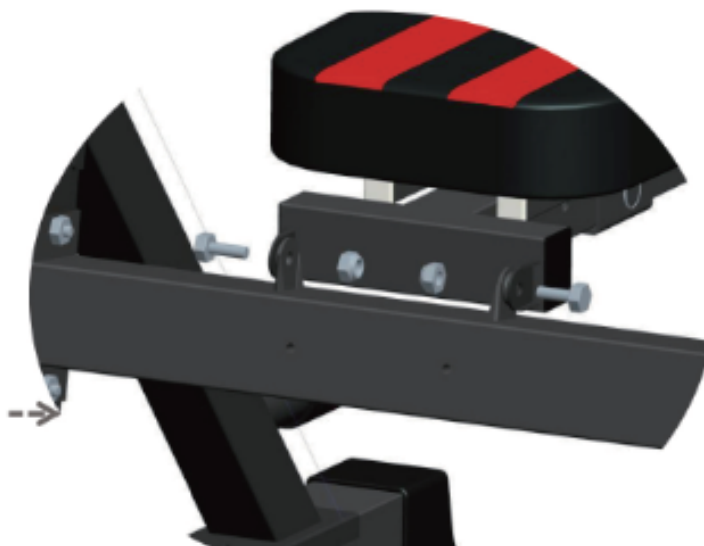
Use Screw 8x60 Fix
Totally 7 adjustment

Installation complete without bench (See pic)

Step 9: Assembly sit up bench (Using)

V Plastic Gasket **X** Screw M10x20mm(2pcs)

U Sit Up bench (Back set)



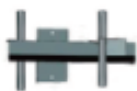
Use screw M10X20 add gasket in the middle

Step 10: Assembly Foot tube

K Screw M8x65mm+big gasket dia30(2pcs)



T foot tube



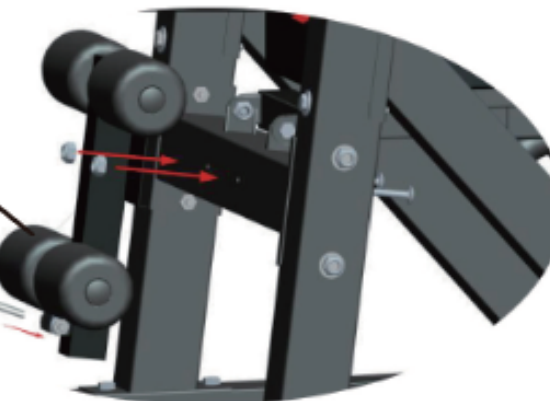
Q Screw M8x55 (1pcs)



W Bolt 8x66(1pcs)



I Hand Gloves (4pcs)



Use Screw M8x65mm (add 2 big gasket)

Bolt adjust the sit up bench foldable or not



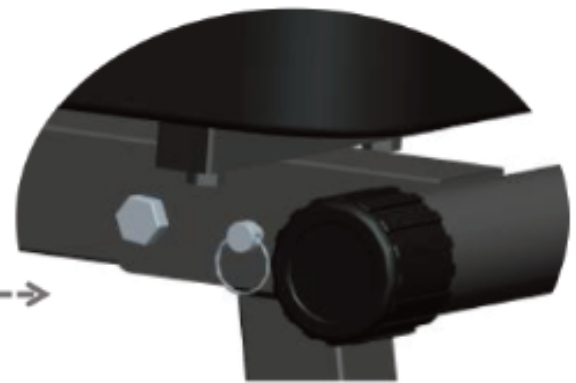
Step 11: Folding storage:

Accessories:

W Bolt 8x66(1pcs)



Y Screw (1pcs)



Take out the Bolt and fold it



Use Screw fix the sit up bench



IMPORTANT - CONSERVEZ CES INFORMATIONS
POUR VOTRE CONSULTATION ULTÉRIEURE: LISEZ ATTENTIVEMENT

INSTRUCTIONS D'ASSEMBLAGE

Installation

Étape 1: Ouvrez le package pour confirmer les composants du produit

Accessoires

A Tube de pied (2pcs)



B Cadre principal (y compris le couvercle du tube)



C Tube supérieur (2PCS)



D Coudière une paire



E Couverture de tube de fond



F Tube de support



G Barre de Gymnastique (y compris les gants de main)



H Connexion de base Tube



I Gants à la main I (4pcs)



J Tube de connexion de cadre principal



K Vis M8*65mm (22 pcs)



M Clé 13-17 (2pcs)



N Vis M8*75 (2 pcs)



O Vis 8*60 (2pcs)



P Écrou à vis M8(2pcs)



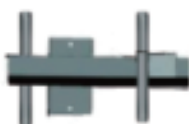
Q Vis M8*55 (4pcs)



R Ensemble de dossier Tube



T Tube de pied



U Banc assis (Ensemble arrière)



V Joint en plastique



W Boulon 8*66 (2pcs)



X Vis M10*20mm (2pcs)



Y Vis (1pcs)



Z Vis M8*55(1pcs)



Étape 2 : Assemblage des 4 couvercle de pieds

Accessoires:

E Couvercle de Pied (4pcs)



A Tube de Pied 2 pcs



Utilisez des 4 couvercles de pieds pour insérer dans le tube à pied

Étape 3: Assemblage du tube de connexion inférieur

Accessoires:

H Tube de connexion de fond

K Vis M8x65mm(4pcs)



Vis M8*65

Étape 4 : Assemblage du cadre principal

Accessoires:

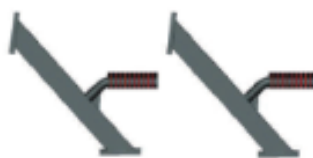
B du cadre principal



K Vis M8*65 (12pcs)



F Tube de soutien



Étape 5: Assemblage du tube de connexion du cadre principal avec le tube de connexion de banc

K Vis M8x65mm(4pcs)

J Connexion de Cadre Principal



Vis M8x65mm
(À l'extérieur utilisez le joint plus grand)

Accessoires:

R Ensemble de dossier Tube



Vis M8*12mm

Étape 6 : Assemblage de la coudière

Accessoires : Q Vis M8x55(4pcs)

D Coudière une paire



Étape 7: Assemblage du tube supérieur et de la barre de gymnastique

Accessoires:

C Tube supérieur(2pcs)

G Barre de Gymnastique (avec gants à main)

N Vis M8x75(2pcs)



Étape 8: Ajustez les angles et les hauteurs appropriés

Accessoires:

O Vis 8x60(2pcs)

P Écrou à vis M8(2pcs)



Utiliser la Vis 8x60 pour fixer
Ajustement total 7

Installation complète sans banc(Voir photo)

Étape 9: Assemblage du banc assis (Utilisation)

V Joint en plastique X Vis M10x20mm(2pcs) U Bans Assis (ensemble de dossier)



U utiliser la vis M10X20 et mettre le joint au milieu

Étape 10 : Assemblage du tube de pied

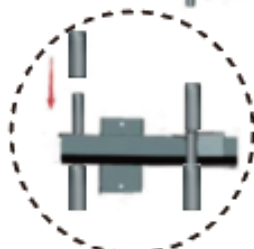
K Vis M8x65mm+gros joint diamètre 30(2pcs)

T Tube de pied

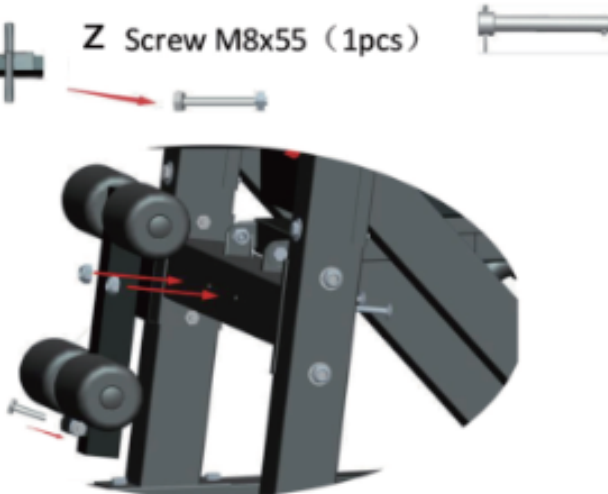
W Boulon 8x66(1 pcs)

I Gants à la main I (4pcs)

Z Screw M8x55 (1pcs)



Insérez les gants à main
à main
(note: Utilisation
un peu d'eau sera
plus facile)



Vis M8x65mm(mettre 2 gros
joint)



Boulon pour ajuster le banc
assis pliable ou non



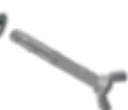
W Boulon 8x66

**Étape 11: Stockage
pliable: Accessoires:**

W Bolt 8x66(1pcs)



Y Vis (1pcs)



**Utilisez la vis pour fixer le
banc assis**



**IMPORTANTE - CONSERVE ESTA INFORMACIÓN
PARA SU CONSULTA POSTERIOR: LEER DETALLADAMENTE**

INSTRUCCIONES DE MONTAJE

Instalación

Paso 1: Abra el paquete y confirme los componentes del producto.

Accesorios

A Tubo para pies (2 piezas)



D Un par de almohadilla para codos (2 piezas)



G Barra del gimnasio (Incluidos las fundas para manos)



J Tubo de conexión del marco principal



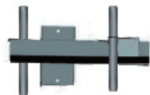
M Llave 13-17 (2 piezas)



P Tuerca de tornillo M8 (2 piezas)



T Tubo para piernas



W Perno 8x66 (2 piezas)



B Marco principal (Incluida la cubierta del tubo)



E Cubierta del tubo inferior (4 piezas)



H Conexión de base



K Tornillo M8x65mm (22 piezas)



N Tornillo M8x75 (2 piezas)



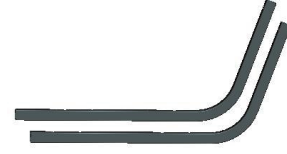
Q Tornillo M8x55 (4 piezas)



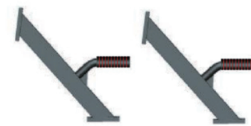
U Banco de abdominales (Conjunto de respaldo)



C Tubo superior (2 piezas)



F Tubo de soporte (2 piezas)



I Fundas para manos (4 piezas)



O Tornillo 8x60 (2 piezas)



R Conjunto de respaldo



V Junta de plástico (2 piezas)



Y Tornillo (1 pieza)



Z Tornillo M8x55 (1 piezas)



Paso 2: Montaje de cubiertas para 4 patas

Accesorios:

E Cubierta para patas (4 piezas)



A Tubo para pies (2 piezas)



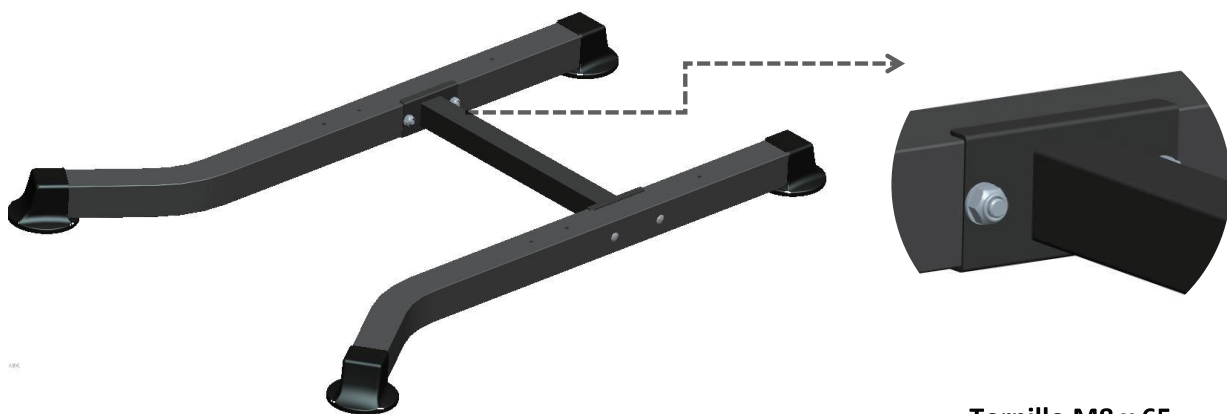
Inserte las cubiertas para 4 patas en el tubo para pies.

Paso 3: Montaje del tubo de conexión inferior

Accesorios:

H Tubo de conexión inferior

K Tornillo M8x65mm (4 piezas)



Tornillo M8 x 65

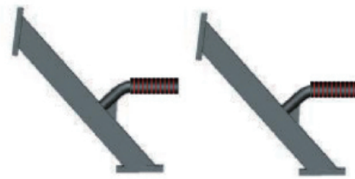
Paso 4: Montaje de marco principal

Accesorios:

B Marco principal



F Tubo de soportes



K Tornillo M8x65mm (12 piezas)



Tornillo M8x65mm
Nota: No apriételes todavía.

Tornillo M8x65mm
Nota: No apriételes todavía.

Paso 5: Conectar el tubo de conexión del marco principal con el tubo de conexión del banco

K Tornillo M8x65mm (4 piezas)



J Conexión del marco principal



Tornillo M8x65mm
(Use una junta más grande para el exterior)

Accesorios:

R Tubo de banco de abdominales



K Tornillo M8x65mm (2 piezas)



Paso 6: Montaje de almohadilla para codos

Accesorios: **Q** Tornillo M8x55 (4 piezas)

D Un par de almohadillas para codos



Paso 7: Montaje de tubo superior y barra de gimnasio

Accesorios:

C Tubo superior (2 piezas)



G Barra de gimnasio (con fundas para manos para manos)



N Tornillo M8x75 (2 piezas)



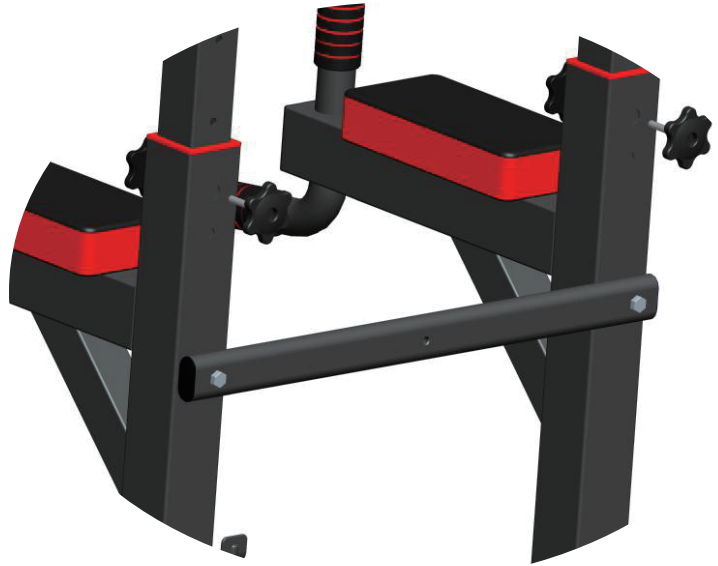
Paso 8: Ajustar ángulos y alturas adecuados

Accesorios:

O Tornillo 8x60 (2 piezas)



P Tuerca de tornillo M8 (2 piezas)



Utilice tornillo 8x60 para fijarlos.
Totalmente 7 ajustes

Instalación completa sin banco (Vea imagen)

Paso 9: Montaje banco para abdominales (Uso)

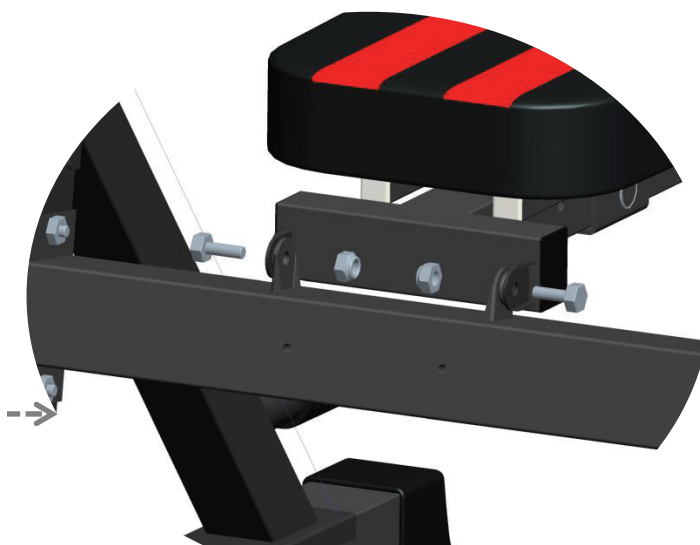
V Junta de plástico



X Tornillo M10x20mm
(2 piezas)



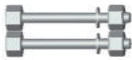
U Banco para abdominales
(Conjunto de respaldo)



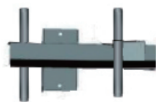
Utilic el tornillo M10X20, coloque la junta en el medio.

Paso 10: Montaje de tubo para pies

K Tornillo M8x65mm+junta grande dia30 (2 piezas)



T Tubo para pies



Z Tornillo M8x55 (1 pieza)



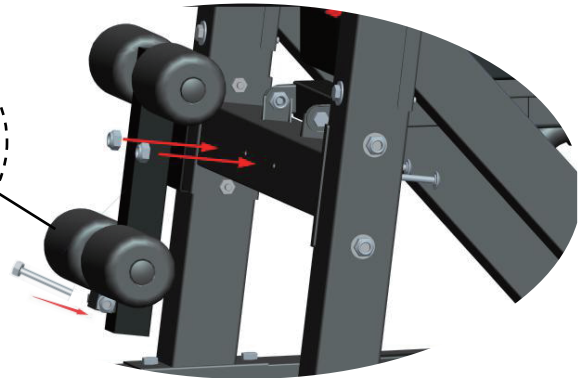
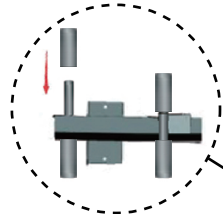
W Perno 8x66(1 pieza)



I Fundas para manos (4 piezas)

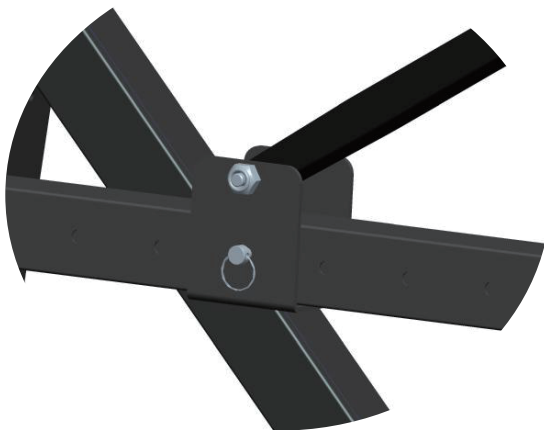


Inserte las fundas para manos
Nota : Use un poco de agua para facilitar insertarlos



Utilice tornillo M8x65mm (Agregue 2 juntas grandes) .

Ajuste el perno para plegar o desplegar el banco de abdominales.



W Perno 8x66

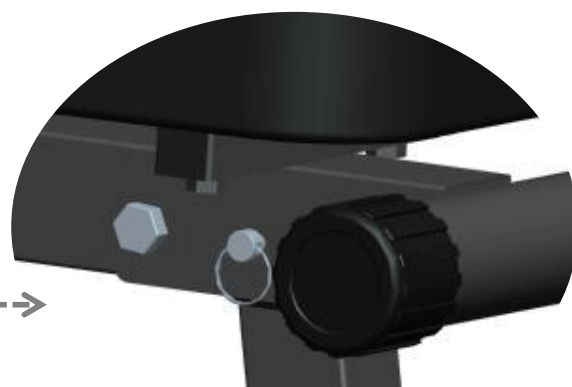
Paso 11: Plegar para almacenamiento:

Accesorios:

W Perno 8x66(1 pieza)



Y Tornillo (1 pieza)



Saque el perno y pliéguelo.



Utilic el tornillo para fijar el banco de abdominales



IMPORTANTE - CONSERVARE QUESTE INFORMAZIONI
PER CONSULTARLE IN SEGUITO: LEGGERE ATTENTAMENTE

ISTRUZIONI DI ASSEMBLAGGIO

Installazione

Step 1: Aprire la confezione e confermare che vi siano tutti i componenti

Accessori

A Tubo a terra (2pz)



B Telaio (inclusa protezione tubi)



C Tubo superiore (2pz)



D Poggia gomiti (un paio)



E Cuscinetto tubi inferiori (4pz)



F Tubi di supporto



G Barra trazioni (inclusi guanti)



H Tubo connettore base



I guanti (4pz)



J Tubo connettore telaio principale



K Viti M8x65mm (22pz)



M Chiave 13-17 (2pz)



N Viti M8x75 (2pz)



O Viti 8x60 (2pz)



P Rondelle M8 (2pz)



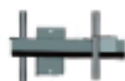
Q Viti M8x55 (4pz)



R Tubo set posteriore



T Tubo gambe



U Panca addominali (set posteriore)



V guarnizioni in plastica



W Viti 8x66(2pz)



X Viti M10x20mm(2pz)



Y Viti (1pz)



Z Viti M8x55 (1pz)



Step 2: Assemblare i 4 cuscinetti dei tubi inferiori

Accessori:

E cuscinetti (4pz)



A tubi a terra 2pz



Usare 4 cuscinetti e inserirli nei tubi a terra

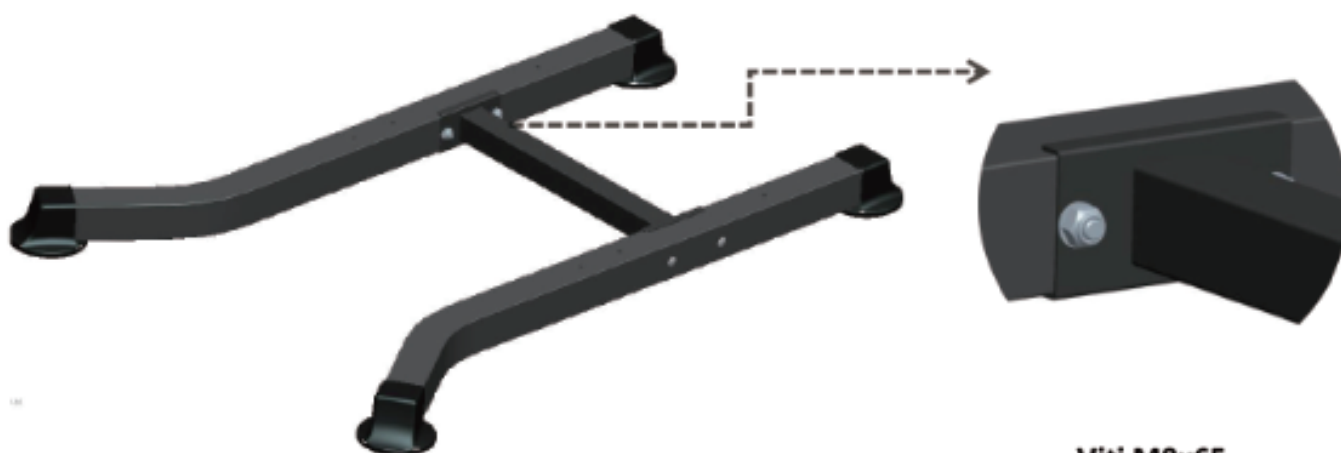
Step 3: Assemblare il tubo connessione inferiore

Accessori:

H Tubo connessione inferiore



K Viti M8x65mm(4pz)



Viti M8x65

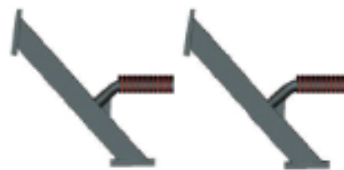
Step 4: Assemblare il telaio principale

Accessori:

B Telaio principale



F Tubi supporto



K Viti M8x65mm (12pcs)



Step 5: Assemblare il tubo connettore del telaio con il tubo del set posteriore

K Vite M8x65mm(4pz)



J Connettore telaio principale



**Viti M8x65mm
(guarnizioni grandi all'esterno)**

Accessori:

R Tubo panca addominali



Step 6: Assemblare i poggia gomiti

Accessori:

Q Viti M8x55 (4pz)

D Poggia gomiti, un paio



Step 7: Assemblare il tubo superiore e la barra trazioni

Accessori:

C Tubo superiore (2pz)

G Barra trazioni (con guanti)

N Viti M8x75 (2pz)



Step 8: Regolare l' altezza e l' inclinazione

Accessori:

○ Viti 8x60 (2pz)



P Rondelle M8 (2pz)



Usare viti 8x60
7 regolazioni possibili

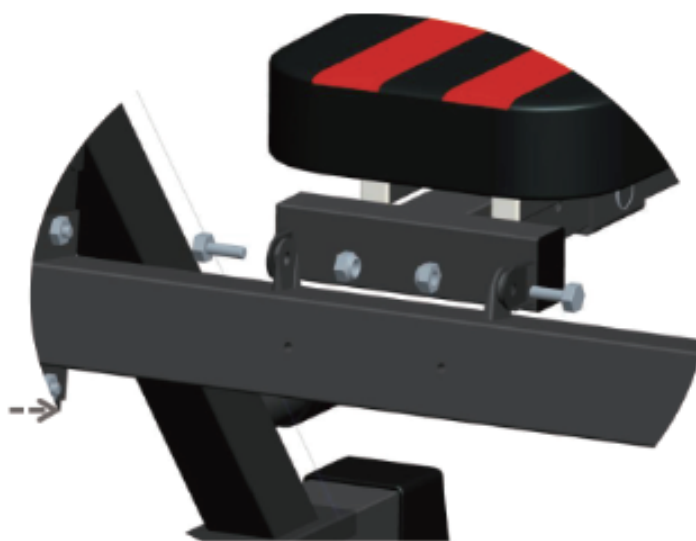
Installazione completa senza panca (vedere la figura)

Step 9: Assemblare la panca addominali (figura)

V Guarnizioni in plastica

X viti M10x20mm(2pz)

U panca (set posteriore)



Usare viti M10X20 aggiungere guarnizione nel mezzo

Step 10: Assemblare i tubi gambe

K vite M8x65mm+ guarnizione grande dia30(2pz)

T tubi bambe

W vite 8x66(1pz)

Z Viti M8x55 (1pz)

I guanti (4pz)



W vite 8x66MM

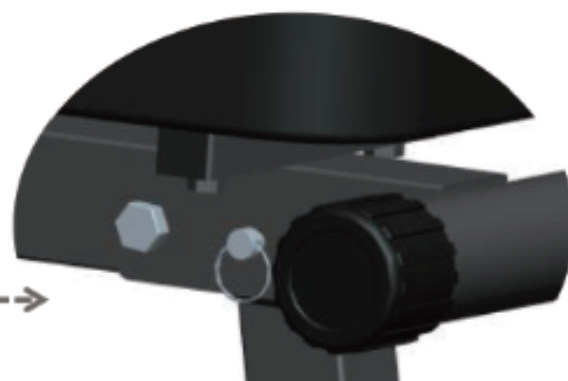
Step 11: Ripiegare e conservare:

Accessori:

W viti 8x66(1pz)



Y Viti (1pcs)



Rimuovere la vite e ripiegare



Usare la vite per fissare in posizione la panca

UK

If you have any questions, please contact our customer care center.

Our contact details are below:



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enquiries@mhstar.co.uk

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Horsenden lane South

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MADE IN CHINA

ES

Si tiene alguna pregunta, comuníquese con nuestro Centro de Atención al Cliente. Nuestros datos de contacto son los siguientes:



0034-931294512



atencioncliente@aosom.es

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TEL: 931294512

HECHO EN CHINA

FR

Si vous avez la moindre question, veuillez contacter notre centre d'assistance à la clientèle.

Nos coordonnées sont les suivantes:



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aosom@mhfrance.fr

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Fabriqué en Chine

IT

In caso di dubbio, si prega di contattare il nostro centro assistenza clienti.

I nostri dettagli di contatto sono di seguito:



0039-0249471447



clienti@aosom.it

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FATTO IN CINA